

**State of Vermont
Executive Department
A Proclamation**

WHEREAS, self-care is a lifelong daily habit of healthy lifestyle choices, good hygiene practices, prevention of infection and illness, avoiding unhealthy choices, monitoring for signs and symptoms of changes in health, knowing when to consult a healthcare practitioner and knowing when it is appropriate to self-treat conditions; and

WHEREAS the United States Food and Drug Administration deems over-the-counter medicines safe and effective for the self-care treatment of minor acute and chronic health conditions and symptoms such as pain, the common cold, allergies and other conditions that impact large segments of the population; and

WHEREAS over-the-counter medicines are either developed as new nonprescription medicines or switched from existing prescription medicines; and

WHEREAS over-the-counter nonprescription medicines are self-care products that consumers purchase in pharmacies, supermarkets, retail stores and online; and

WHEREAS, practicing appropriate self-care has the potential to improve personal health and reduce use of health care services; and

WHEREAS achieving self-care's potential is a shared opportunity for consumers, healthcare practitioners, policymakers and regulators;

NOW, THEREFORE, I, Peter Shumlin, Governor, do hereby proclaim February 2016 as

SELF-CARE MONTH

in Vermont.

Given under my hand and the Great Seal of the State of Vermont
on this 10th day of February, A.D. 2016



A handwritten signature in black ink, consisting of a stylized 'P' followed by a long horizontal line.

Peter Shumlin
Governor